

March 11, 2020

Dear NFCS, YFC, EFNEP and CalFresh Healthy Living, UC Colleagues and County Directors,

Kamal and I are writing today with resources, tips and suggestions for EFNEP and CalFresh Healthy Living, UC programs as a follow up to the most recent ANR Update on 3/9/2020 from Vice President, Glenda Humiston, regarding Coronavirus (COVID-19) found here: <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=39611>.

Please make sure that you are subscribed to the ANR Update: <https://ucanr.edu/blogs/ANRUpdate/> for the most recent guidance coming from UC ANR.

Kamal and I are closely monitoring the COVID-19 outbreak and guidance at the local, state and national level from UC, UC ANR, CDPH and CDC. The safety and health of the UC ANR community and their families is of immense importance to us. Many counties are facing different scenarios and the situation is continuing to evolve. Per Glenda's email on 3/9, **UCCE responses at the local level will need to be customized by County Directors based on degree of risk and local guidance from the county health department.** Kamal and I recognize that participation might be slowed in both programs as we've learned that classes and entire series have been canceled. We need to be as fluid as we can as COVID-19 guidance is changing day to day and the organizations and schools that we partner with might be receiving different guidance that also has an impact on our programs. As of now, we are continuing with program delivery, where possible but **recommend a pause on food demonstrations and tastings at this time for both EFNEP and CalFresh Healthy Living, UC program delivery.** EFNEP and CalFresh Healthy Living, UC along with UC ANR are following the guidance of [state](#) and [local Departments of Public Health](#), the federal [Centers for Disease Control and Prevention](#) (CDC), and the [World Health Organization](#) (WHO). Please stay up-to-date with [U.S. State Department advisories](#) and [CDC's travel health](#) notices related to COVID-19.

The good news is that all of the EFNEP and CalFresh Healthy Living, UC (and UC MFP Coordinators) are trained in research-based food safety practices and many of our NFCS advisors are experts in the field.

Below are some resources, tips and suggestions for conducting EFNEP and CFHL, UC programming and segments that are already in your "toolbox" as you navigate program delivery.

#### Food Activities

- Our current food safety precautions are consistent with Center for Disease Control (CDC) and other government guidance.
- We have a Food Safety Guide available through the Collaborative Tools site for UC Nutrition Education Program Advisors-Managers-Supervisors → Documents → Supervisor Tools.
- **Suspend all food demos and tastings until further notice.**
- **Remember:** Nutrition educators receive comprehensive food safety training;
- **TIP:** Remind participants that you have food safety training and practice safe food handling procedures. **Participants may choose to decline participation in food activities.**

**For direct education:** Curricula that specifically include hand washing lessons are the following::

- Go, Glow Grow (pre-K) – Lesson 6: Handwashing – teaches handwashing

- Happy, Healthy Me (pre-k and K) Lesson 9 (last lesson): Wash Your Hands! – teaches handwashing
- My Amazing Body (grade 1) - Lesson 5: Keeping My Amazing Body Clean - Teaches handwashing – focus on keeping the body clean and healthy
- Good for Me and You (grade 2) – Lesson 5: Keeping Food Safe - discusses handwashing as a step in keeping foods safe when preparing and eating foods
- Healthalicious (4, 5, 6<sup>th</sup> grades) – Lesson 1: Let’s Make it Clean: Wash Up! – Has a physical activity, handwashing and cooking component
- Hunger Attack (High school) – Activity 7 addresses hand washing.

**To add hand washing education:**

- Background: <https://www.cdc.gov/healthywater/hygiene/hand/handwashing.html>
  - Spanish: <https://www.cdc.gov/handwashing/esp/when-how-handwashing.html>
- Hand washing flyers and other materials (English and Spanish):  
<https://www.cdc.gov/handwashing/campaign.html>  
 Or <https://www.cdc.gov/handwashing/fact-sheets.html>
- Correct use of hand sanitizer – fact sheet (English: only):  
<https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>
- Hand sanitizer information in Spanish: <https://www.cdc.gov/handwashing/esp/show-me-the-science-hand-sanitizer.html>

**Hand washing Reminders**

- Washing hands with soap and water is always preferred
- Hand sanitizer can be used as a back-up if no hand washing facilities are available. Please refer to handout linked above: not on visibly dirty hands, allow to dry for 20 seconds.

**Cleaning and Sanitizing or Disinfecting Reminders**

- Wash and rinse surfaces, utensils, dishes, etc. first
- Food contact surfaces – like dishes, utensils, cutting boards
  - Sanitize in the dishwasher
  - Or in a solution of 1 Tablespoon unscented bleach + 1 gallon water (1 tsp bleach + 1 quart water)
- Non-food contact surfaces (tabletops, etc.)
  - Can be disinfected with disinfecting wipes
  - Or in a solution of 1/3 cup bleach + 1 gallon water (4 TBL bleach + 1 quart water) – CDC recommendation

**Please notify Katie (EFNEP and CFHL, UC) and Kamal (CFHL, UC) if your programming is considering being modified or there are proposed office closures.** EFNEP and CalFresh Healthy Living, UC are both federal grants that require Statewide Program involvement if any programmatic changes are being proposed. We encourage the County Directors, Advisors, Managers and Supervisors of these programs to reach out if they have any questions on how the local county health department guidance will impact EFNEP and CalFresh Healthy Living, UC. Again, please work with your Supervisor, County Director and UC ANR HR if you have any specific concerns with individual staff.

We will continue to monitor the situation across the state and may modify this guidance as conditions change.

If you experience any cancellations of program implementation/delivery of classes, here are some ideas for using the time:

- Data entry and quality around PEARS/WebNeers
- Teacher Prep Kit assembly and other preparation actions
- Professional Development – online courses and refreshers tied to your work
- Organize shared drives
- Spring cleaning of physical office space and files
- UC required trainings – such as Cybersecurity – can be done ahead of due date. Log in to <https://lms.ucdavis.edu> (UCD Login required) and go to 'Required Trainings'
- Have a training you wanted to take? Logon using your Lynda.com membership via the ANR Portal
- CITI Responsible Conduct for Researchers Training (RCR) for all EFNEP staff is due every 3 years: <https://www.citiprogram.org/index.cfm?pageID=14>
- Center for Nutrition in Schools trainings: <https://cns.ucdavis.edu/resources/webinars>.

Thank you for all your efforts these past weeks to help keep your communities healthy and safe. Please don't hesitate to reach out to Kamal or I with questions.

Best,

Katie and Kamal

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Find out more about UC ANR's [NFCS Statewide Programs!](#)